

**Message Notes: The Contentment Chair**  
**Philippians 4:11-13**

What are some of your favorite Thanksgiving activities?

List some of the struggles the Apostle Paul faced in his quest to be content:

List some of the struggles we face in our quest to be content:

What might be some of the reasons behind our lack of contentment?

What (or who) is the “secret of being content”?

What were some ways Jesus showed us the secret?

I will sit in my “contentment chair” in the morning and remember...

I will sit in my “contentment chair” at the breakfast table and remember...

I will sit in my “contentment chair” at school or work and remember...

I will sit in my “contentment chair” at the cemetery and remember...

I will sit in my “contentment chair” at the end of the day and remember...

I will sit in my “contentment chair” at the foot of the cross and in front of the empty tomb and remember...

